# Greater Seattle Intergroup of Overeaters Anonymous

# Meeting Minutes

# October 1, 2013

# Opening:

The regular meeting of the Greater Seattle Intergroup was called to order at 7:15 PM on October 1, 2013 in St. Paul’s Church of Christ in Seattle, WA by Sharon L., GSI Vice–Chair, in the absence of Bill A, GSI Chair. Sharon turned the meeting over to Kevin C. as Chairman Pro Tem since the main agenda item tonight was reviewing and voting on bylaws changes. The meeting was opened with the Serenity Prayer and the reading of Tradition 10, Concept 10. The purpose of GSI: to carry the message to the compulsive eater who still suffers.

# A. Adoption of Agenda

The agenda was adopted as amended.

# B. Approval of Minutes

The minutes of the September 3, 2013 meeting were approved as corrected.

# C. Reports

**Board:**

Chair: Bill A. was not present.

Vice-chair: Sharon L. reported that she had a summary of events flyer for October and November available for the reps. She said there were service opportunities with the 12th Step Within in December.

Treasurer: Barbara K. was not present

Secretary: Coralee had no report.

**Delegates and Representatives:**

Sue, Region One Assembly Representative, passed out her Assembly report. She noted that the region is an interface between intergroups and World Service. Region One has 24 intergroups and 18 attended the Assembly. Sue reported she was appointed to the Bylaws Committee and their goal was to make sure rules do not get in the way of carrying the message.

Catherine B., Region One Assembly Representative, reported that the Region budget is balanced. She noted the Quilt raffle was far better than they expected and the journal sales were also greater than expected. The Journal costs $15.00 and can be purchased at the Region One website. Shipping for the Journal is discounted if you purchase in quantities. She also mentioned the 7th tradition income for Region One was about same. Catherine noted there were 109 people in attendance which far exceeded expectations. Also, the website is stable. Additionally, in 2014 the Assembly will be held in Bellingham which is a short and inexpensive train ride from Seattle.

Catherine reported she is on the Assembly Ways & Means Committee which is investigating other regions Ways & Means successes to share with the intergroups. She mentioned she had $92 from the sales of bookmarks and thanked Joyce Ann & Bill for creating them. They also sold some car decals.

Catherine noted she was elected as Region One Communications Coordinator noting she would be traveling to this year’s quarterly meetings in Kelowna BC, Eugene OR, Whidbey Island and Bellingham Assemblies. She will be participating in monthly Board conference calls. Region One will no longer publish a newsletter. She shared her notebook from the Assembly which included workshop information, other intergroup reports and some information from the OA.org website.

Catherine noted that Marge Garman Region One Trustee does a service workshop which might be a way to encourage others to do service for the intergroup. She also spoke about doing this workshop on October 26th and encouraged approval of it.

**Standing Committees:**

Events: Sharon L. reported there many events coming up.

Sue noted the flyers are here for the Winter Retreat for reps to give out at their meetings. They are working on getting registration up on the website. She also indicated they are holding committee meetings and the next one would be October 12th at the Bellevue Alano club and there are still many service opportunities.

Judith reported on the Attitude of Gratitude to be held on November 27th in the Shoreline Bethel Lutheran Church downstairs from 6 to 9 pm. There will be three speakers and open share time.

Bylaws: Kevin C. noted we would be voting tonight on amendments to the Bylaws.

Public Information/Professional Outreach: Kelsi reported they are working on OA public service announcements for local radios. The committee has divided up the various tasks to get this project going. She had flyers for people who would like be involved which would include being on the radio. The radio spots are approved and ready to be used. This is their one priority project for now.

12th Step Within: Open position

Ways and Means: Joyce Anne not present.

HOW: Cheryl D. not present.

**Special Committees:**

Fellowship: Open position

Literature/Lifeline: Marcia reported she needed to step down from the chair. She said the position was pretty straight forward. You will have a locker for the literature. Additionally, you would take care of selling newcomer packets, help with startup packets for groups and support events with literature.

Group Coordinator: Jenny H. not present.

Sponsor Coordinator: Kelsi reported she would have to step down from the position. She says she keeps a spreadsheet to use when people email asking for a sponsor. She matches up what the person is looking for and sends them the sponsors information.

Hotline: Open position – Marsha noted there is a need for volunteers.

Website: Catherine M. not present.

Historian/Archives: Rachael not present.

GSI Representative Outreach Committee (ROCs): Beth not present.

Event Recorder: Open position

# D. Unfinished Business

1) Bylaws – Kevin conducted the review of proposed amendments to the Bylaws. He noted there has to be a 2/3 majority vote of those present.

Motion 1 - Article II – Purpose, Section One – Purpose. This amendment eliminated the wording about IRS exempt status because we are not exempt under the IRS Code. Our tax exempt status was discussed regarding the need to pay taxes. Annie and Sue??? volunteered to look into it and report back to the group. The motion was adopted to amend the Bylaws.

Motion 2 – Article III – Membership . This amendment allows committee chairs to give reports, make motions, and debate but not vote. The motion was adopted to amend the Bylaws.

Motion 3 – Article IV – The Intergroup Board, Section 6, Responsibilities of the Intergroup Board, B. Vice-Chair, 2. This amendment will allow the Vice Chair to have the authority and powers of the Chair when the Chair is unable to discharge his/her duties. The motion was adopted to amend the Bylaws.

Motion 4 – Article VI – Committees, Section 1. This amendment changes some special committees to standing committees to more clearly reflect their ongoing basis. The motion was adopted to amend the Bylaws.

Motion 4 – Article VI – Committees, Section 3. This amendment allows the Chair to appoint all members to a committee, which would be done publicly at an intergroup meeting and recorded in the minutes of that meeting. Discussion was held. Sharon made a motion, seconded by Sue to call for the Question The motion passed. The motion on the Bylaws amendment was voted on and the motion lost.

Motion 5 – Article XII – Board of Directors – This amendment simplifies the process of listing of the board members and registered agent on the annual non-profit corporation filing with the State of Washington. The motion was adopted to amend the Bylaws.

# E. New Business

Service Workshop – Catherine indicated there would be a $50 cost to rent the room here at St. Paul’s. The Region One trustee would do the workshop. It will be an interactive workshop though there will be no open sharing. It will be held October 26th 11:30 to 3:30. Ballard meeting on board to help out. Participants will be able to brown bag it. Catherine will coordinate and MC, if needed, unless someone was interested in doing it. Sharon moved, Diana seconded, that GSI sponsor a Service Workshop on October 26 from 11:30 – 3:30 pm and invite the Region One trustee to participate and approve the $50 rental and tea supplies costs. The motion was adopted.

**F. Representative Reports**

### Mary from the West Seattle HOW meeting will be holding their regular meeting on Halloween which is a Thursday night this year.

**G. Open Positions**Kevin noted the following positions were open: Twelfth Step Within, Fellowship, Lifeline/Literature, Sponsor Coordinator, Hotline and Event Recorder.

Catherine gave a pitch for people to consider becoming a delegate as well as going back to their meetings to see of others might be interested. She said a delegate goes out to the meetings, passes on information from Region and World Service as well as find what their needs are. The requirements are one year abstinence and two years service at the intergroup level which does not need to be consecutive service.

Board member requirements are having done the 4th step and working your program.

**H. Miscellaneous**Catherine reported that her World Services Literature Committee is working on a pamphlet on small meetings and small towns. They would like to get feedback for those who have experienced this. You can write them at oasmallmeetingssmalltowns@gmail.com

**Attendees Present:**

**Name** **Group or Position or Guest**

Adele G. Mill Creek Thursday

Annie F. Mill Creek Thursday

Catherine B. WSBC Delegate & Assembly Rep.

Coralee K. GSI Secretary

Darlene Mill Creek Thursday

Debbie F. Shoreline Wednesday Night

Diane K. Issaquah Sunday/Maple Valley Monday

Diana K. Bellevue Sunday 8:30

Dott Downtown Friday/Ballard Sunday

Heidi Burien Monday 10:30/Thursday 10:30

Jane West Seattle Saturday & Sunday

Janet Denny Friday PM

Judith B. Edmonds Sunday Night

Kelsi Sponsor Coordinator/PI/PO Co-Chair

Kevin C. Bylaws Chair

Lindsay Bellevue HOW Tuesday 7: PM

Marcia H. Literature/Lifeline Committee Chair

Mary L. West Seattle HOW Thursday

Paulette West Seattle Tuesday Night

Sarah Ballard Thursday 10:00 AM

Sharon L. Vice Chair

Shauna Bothell Monday 7:00 PM

Shawn Vashon Saturday Night

Stacy Bennetts U District Saturday

Sue H. Winter Retreat/Renton Tuesday

### Adjournment:

Meeting was adjourned at 8:46 PM. The next regular meeting will be at 7:15 on November 5, 2013 in St. Paul’s Church of Christ.

Minutes submitted by: Coralee K., GSI Secretary

**Attachment # 1 to GSI minutes of October 1, 2013**

**Bylaws Amendment Proposals and Disposition, considered by GSI on October 1, 2013**

Motion 1: Move to amend the GSI Bylaws, ARTICLE II - PURPOSE, Section One – Purpose, by striking the following words: **“**This Intergroup is in compliance as an exempt organization under Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law.)” **The motion was adopted.**

Motion 2: Move to amend the GSI Bylaws, ARTICLE III – MEMBERSHIP, by Inserting after Section 3 – Intergroup Representatives (IR’s), a new Section 4: “Section 4 – Committee Chairs, Committee Chairs may give reports, make motions, and debate but may not vote unless also as an intergroup member as defined elsewhere in this article**.” The motion was adopted.**

Motion # 3: Move to amend the GSI Bylaws, ARTICLE IV – THE INTERGROUP BOARD, Section 6, Responsibilities of the Intergroup Board, B. Vice-Chair, the following:

1. Shall, in the event that the Chair is determined to be unable to discharge his/her duties and responsibilities by a majority vote of the remaining board members, assume those duties and responsibilities until the Chair notifies the Board that he/she is able to resume those duties and responsibilities.

If there is a dispute between the Chair and the Board about his/her ability to resume the duties and responsibilities, the determination shall be made by the voting members of the Intergroup.

**The motion was adopted.**

Motion # 4: Move to amend the GSI Bylaws, ARTICLE VI – COMMITTEES, Section 1- Standing Committees by striking the words “First Tradition” and inserting “Website” and striking “HIPM” and inserting “Professional Outreach” and adding the following “H. Literature/Lifeline I. Group Coordinator J. Sponsorship Coordinator” **The motion was adopted**.

Motion # 5: Move to amend the GSI Bylaws, ARTICLE VI – COMMITTEES, Section 3 – Committee Appointments and Section 4 – Committee Procedures. by striking in Section 3 “OA members to chair” and inserting “chairs and other members” and by adding, in Section 4, “Committees may conduct their business by electronic )email, fax, phone, etc.,) means.”

**The motion was lost.**

Motion # 6: Move to amend the GSI Bylaws, ARTICLE XII – BOARD OF DIRECTORS by striking the entire ARTICLE XII and inserting the following: “*ARTICLE XII - BOARD OF DIRECTORS Listed in Corporation filings :* The Chair, Vice-Chair, Secretary, and Treasurer shall be listed as the members of the Board of Directors in corporate filings, and the treasurer shall be listed as the Registered Agent. **The motion was adopted.**